

WRESTLING IN THE DARK. The Best Way to Defend Yourself Against an Antagonist.

MORE EFFECTIVE THAN FISTS, PISTOLS OR BOWIE ENIVES-FLASHLIGHT PHOTOGRAPHS OF A NOVEL BOUT IN A DARKENED PARLOR-BOXERS LEARN-ING WRESTLING TACTICS.

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Written for THE EVENING STAR. makes his attack in the dark there is nothing to compare with wrestling."

The speaker was a brawny professor of the most exact of athletic sciences. knife," I suggested.

"The chances are that in the dark, except at very close quarters, he will miss with a revolver. Even against a knife the chances are better for the wrestler than any one else. Let me illustrate: It is not so many years ago since duels with howie knives in dark rooms were occasional episodes in the west. Sometimes, for variety's sake, I suppose, shot guns or derringers were used. It is difficult to see just where the science was in such encounters. You can hardly imagine a fight between two skilled pugilists under similar conditions. Wrestling is the most scientific of all athletic sports, and the skilled profe sional can tell by he mere touch how to grasp his opponent even if the darkness be Egyptian. You can readily understand what an advantage he would have over an unskilled man, no matter how strong

"If attacked in the dark by a powerful man how would you defend yourself?"



"If I suspected that he was armed, I would seize him in such a way as to pinion both hands one of the ways of escaping from the bridge. until he dropped the weapon. I should try to If you are down you seize your opponent's wrist throw him at once. If unarmed, a simple lock and roll over quick. You can roll him under if would settle the business; if not, and if he happened to be unusually ugly, I would give him the 'strangler's hold,' which would end him in s twinkling. There would be very little fight left in him after being half choked, you may believe. That is the advantage of wrestling in the dark. It is the highest grade of self defense. The best evidence of this is that the leading pugilists all learn wrestling nowadays." I had a novel ocular demonstration of the act that wrestlers can work as scientifically in the dark as in the glare of the footlights yesterday afternoon. With the instantaneous camera and magnesium light as umpire and referee New York state, and Jack Carkeek, the champion catch-as-catch-can wrestler, stood stripped street. Roeber is a Hanoverian twenty-five years old and limbed like a Hercules. He weighs 184 pounds, while Carkeek, who is a native of Michigan, twenty-nine years of age and somewhat taller than Roeber, weighs 181 pounds. Both men wore dark trunks. Roeber began wrestling at fifteen and has successively encountered Sebastian Miller, the "strong man of Munich;" Sorakichi, the "Jap;" "Strangler" Evan Lewis, Greek George and a score of others. Carkeek, who has been fourteen years professional, has competed in over one hun-



Sufficient light was admitted to permit of poising the camera, after which the room was gain obscured in darkness, and the men went to work to illustrate the intricate and danger ous holds, including those that are forbidden by the rules and claimed as "foul," At the signal the flash light revealed Roeber fast in the deadly "strangler's hold." with Carkeek's right arm over his neck and his left arm under his throat, the knuckles of both hands being pressed relentlessly on Roeber's diaphragm bile the latter vainly strained and struggled to escape from the choking embrace. A second flash disclosed a variation of the

same fortidden hold. Carkeek was on his knees with Roeber's right arm hugging his peck and his left encircling the Michigan man's throat in a vice-like grasp. This is the hold which Evan Lewis introduced and which made his feared by all who met him. Most referees declare it foul, but some are latitudinarian enough to allow wrestlers to use almost any actics they please, although they are distinctly

barred by the rules.
"This hold" panted Roeber, as the men
paused for breath, "is simply choking a man o death. When I wrestled with Lewis he tried it on me twice; I broke away the first What Will Probably be Worn This time, but couldn't wriggle out the second trip. We were wrestling catch-as-catch-can. professionals have got the hold now, but they



THE "DOUBLE NELSON" LOCK. Again the men set to work in the darkness. A third flash showed Roeber in the throes of

unless the victim's strength is greatly superior to that of his opponent. The "double Nelson" is used in both Græco-Roman and catch-asis used in both Græco-Roman and catch-as-catch-can wrestling. Carkeek stood immedi-ately behind the Hanoverian with his arms under Roeber's armpits around the back of his neck and clasped behind the latter's head, which was forced forward on his breast. Roeber's arms were apparently powerless in their terrible hold.

In this hold, which is barred in England and Canada, but allowed here, although many

Canada, but allowed here, although many judges consider it an unfair one, as liable to inflict serious injury, the fingers must not be in-flict serious injury, the fingers must not be in-terlocked. Clasping the fingers is barred "foul" at all times, for the double reason that such a clasp cannot be parted and that it en-ables the owner of the stronger wrist to bend back and even break the fingers of his rival. The moment such a clasp is observed it is the duty of the referee to award the match to the other man on the "foul."



THE "SPIN." The next rift in the darkness showed a remarkable sight. Roeber was standing on his head, bracing himself on his hands, both feet "For self-defense against an assailant who straight in the air and describing a curve outward to the floor. Carkeek, on his knees, had Roeber's right arm and neck partly in a "single Nelson" lock, from which the latter was breaking away. The only way to escape from the "single Nelson" effectively is by bending down "But suppose the assailant uses a pistol or a low, jumping on your head and turning a som-nife." I suggested. ersault to the floor. This is called "the spin," and should not be attempted by any man who has not the strongest kind of a neck. wise the chances are even that he will be picked up with a broken neck.

One of the most dangerous of all holds, "the back heave," was next illustrated by the athletes in the dark. Carkeek had grasped Roeber by the right arm and shoulder and with the aid of the "reverse heave"-a combination movement of arm and hip to elevate an opponent, had noisted him on his back. When camera caught the pair Carkeek was straining to throw Roeber over his head, but in vain, for the Hanoverian had secured a hold on Carkeek's left leg with his right foot that effectually stopped the latter's tactics. A "back heave" at the hands of a strong wrestler would place his rival hors du combat in a twinkling and might disable him.



"The most effective hold," said Champion Carkeek, "is the neck lock. There are others that are very useful and which every wrestler has to learn. These are the palm lock, body lock and hip lock. These are all allowed under the rules. The 'double Nelson' is a very hard lock to acquire. In Graco-Roman wrestling you are not allowed to catch the legs or to clasp ands so as to break fingers. In making the bridge -that is, arching the back and resting on hands, elbows, head and feet, so as to avoid a fail—the man on top is allowed to press his forearm against the under man's neck, but he must not press his fingers." "Would not the forearm pressure choke a

nan as quick as the knuckles? "Yes; but there's nothing to prevent the under man from rolling over. 'The 'side roll' is he isn't scientific. Sebastian Miller is the greatest roller I know.

AMERICAN AND ENGLISH WRESTLERS.

"American wrestlers are cleverer than the English now," Carkeek continued, as he rubbed down his big arms. "The greatest wrestlers today are George Stedman, who is the champion of Cumberland and Westmore--better known as the 'back hold' style-and Tom Bragg, the Cornishman. The latter was over here some fifteen years ago. But the English wrestlers are not in it. When Bibby and Acton came here they could find nobody to equal them at catch-as-catch-can. Now we have Lewis, Greek George, Miller and myself and we have all beaten them at their

Both men had by this time doffed their trunks and resumed their ordinary street dress. The daylight again streamed into the parlor.

"Now," said my chaperon, as we came away, "you have had an illustration of what can be done by skilled wrestlers in a friendly bout in the dark. In an encounter in dead earnest with an assailant they would not be so gentle. I have known a single wrestler to floor five men in as many seconds simply by using ordinary tactics, and they were tough characters, too. Depend upon it, they would have stood even a poorer chance in the darkness than in daylight, for while his science never deserts him they would have fought at random. The man who used up the five ruffians was Matsada Sorakichi, G. H. SANDISON.

Written for THE EVENING STAR. The Age.

You say, my friend, this is the Iron Age: That's trite: men now the iron so anneal-For hardened peculation there's such rage-'Tis fitter far to call't the Age of Steel.

Rondeau.-Praise Not. Praise not one's life until it ends; Nor bridge that o'er a gulf extends, Till you are on the farther side; Nor purse, howe'er so tightly tied,

Till you know what it comprehends. Him who to prosperous, proud folk bends, And compliments and presents sends,

And deems his motive unespied,

Him who his cash too lavish spends, Nor ever to the needy lends; The garb that is assumed for pride: The face with only carmine dyed; The tengue that truth with falsehood blends,

Praise not.

SOME NEW HATS. From the Hatter and Furrier.

The early spring styles are neat and shapely, with no prominent changes. In derbys the proportions are small, with crowns running from full to medium round. In curis almost everything has been tried, with a preponderance in favor of an open round curl. Some Stanley curls are shown with flat set and others full set. When properly rounded and set the Stanley curl is very neat and suitable for spring ing a scale or scurf. A frequent use of a fine wear. Just at this time soft hate are having a boom, particularly in tourist shapes, which un-der different fanciful names have been put noon the market in years attractive style upon the market in very attractive style. Pocket hats and crushers are also in very active demand. A novelty in a tourist is shown with demand. A novelty in a tourist is shown with full stiff brim and soft crown, which makes a very excellent hat. It is stated by fashionable authorities that the fashionable color in men's clothing for spring will be green and already orders have been given by fashionable tailors for solid invisible green in diagonals and worsted. In mixtures also green is the preworsted. In mixtures also green is the pre-dominent color. Should this prove to be a pop-ular fad there will be undoubtedly a call for green hats, both in solid colors and mixtures, and it may be well for manufacturers in spare

THE PERSONAL DISCOMPORT and the worry of a constant cough and the screness of lungs and throat which usually attend it are all remedied the "double-Nelson" lock—a neck-breaking, by Dr. D. Jayne's Expectorant, a safe medicine for pulmonary disorders and throat affections.

moments to experiment on very dark greens and mixtures and be ready when the time

THE CROWNING GLORY OF WOMAN. Timely Hints for Those Wishing to Grow Old Gracefully.

THE CARE OF THE HAIR-AMERICAN AND ENGLISH WOMEN-POINTS WORTH NOTING-SHAMPOOING -ABOUT BALDNESS-TRANSMITTING DISEASES-COLOR OF THE HAIR-NOTES.



ANY a woman is today lamenting and wailing over her scant, uneven supply of hair, poorly supported by artificial substitutes, while her more fortunate sister is reveling under the thick. glossy waves of a lux-

uriant suit. It is an indisputable fact that a handsome head of hair is a largely redeeming feature to an unfortunately homely miss, while it but adds to the charms of an otherwise pretty woman. American ladies do not give that attention to their hair that their foreign sisters do. Abroad it is a part of a girl's education to know how to keep her hair, hands, feet and complexion in perfect condition. American girls who are educated abroad or who have maids to attend them are nearly the only ones who give their hair anything like the attention the foreign damsels bestow upon theirs. The majority let it go any way, and elegantly dressed women can be seen on the streets any day with their hair sticking out in every direction, like the rays seen in chromos of the set-

Speaking with a hair dresser a few days since a STAR reporter asked why there are comparatively so few ladies with large full suits of hair nowadays. "People are too rough in the treatment of the hair," was the reply; "especially those who arrive at maturity with very long thick hair. Care should be taken to avoid breaking it, and broken hairs lead more largely than any other cause to thin hair. It should be combed gently with a tortoise or horn comb; the latter is preferable, as it generates less electricity. Rubber and metal combs are great generators of electricity and cause a snapping noise when being used, which is very detrimental to the health of the hair." POINTS WORTH NOTING.

From the conversation which followed and authors cited upon the subject THE STAR man learned a good deal.

Keeping the scalp clean is one of the most important things concerned in the preserva-tion of the hair. This is best accomplished by shampooing the hair once a week. Produce a strong lather and cleanse the whole scalp thoroughly. There are a number of prescrip-tions for washing the scalp which are useful and not at all injurious which care the and not at all injurious, which cannot be said of the thousand and one dyes, restoratives and chemicals for bleaching purposes. Probably not one of these is harmless. At times a stimulant may be needed to soften the skin and nourish and strengthen the roots of the hair, but as a rule oils, pomatums and the kind clog the hair with grease, render it sticky and musty and obstruct the pores of the scalp. Fortunately, be it said, doctoring the hair and changing its color has gone out of fashion and most of the women wear their hair just the color and many in the condition nature provides.

SHAMPOOING THE HAIR. American ladies find much more difficulty in washing the hair than those of England because of a difference in texture. English women have splendid heads of hair, but it is generally coarse and heavy. American women, on the contrary, have soft, fluffy hair and it is susceptible to being done up in a greater variety of styles than the hair of foreign women. This advantage in fineness of texture, however, works to their disadvantage in taking care of the hair, as it is more difficult to handle without getting it matted and tangled, especially in

head and braiding to the ends. Then wet the scalp and with a sponge apply a lather made with clean water and let the hair dry naturally. Do not sit by a fire or near a gas burner, as some women do, as the heat will make it brittle and breakable. It is really best not to even use a fan, but take pienty of time, which will be from an hour to an hour and a half. It should not be combed or brushed until perfectly dry. When time, however, is a matter of importance or the natural impatience of most women to do it and be done with it is uncontrollable a towel may be used in wiping the hair carefully and then the fan process em-ployed to hasten completion. Of course there are many ways of shampooing the hair, but the simpler the procedure the better for its preservation.

ABOUT DOING UP THE HAIR. After washing or wetting or getting the hair wet too much care cannot be taken in having it dry before doing it up. In dressing the hair avoid straining it by doing it up tightly. The style of drawing it all and twisting it tightly upon the top of the head is said to be injurious, aside from being often productive of headache. The tendency of the hair on the back of the head is to grow downward, and drawing it tightly upward so constantly is calculated to break it at the back of the neck. The style of braiding it and twisting it into a coil at the back, from which two small curls are left hanging, or of twisting the hair into two strands and forming what is called the chain link, which droops from the crown of the head to the edge of the neck, is not only becoming to most women but is considered the best possible arrangement conducive to its preservation and growth. The "Langtry" knot is worn to advantage by women with shapely heads, pretty hair and plenty of it. A bunch of bright hair looks pretty indeed beneath the big, fashionable, romantic-looking hat-outside of a church or theater. A small quantity of hair never looks so miserable and woebegone as when rolled into a little walnuty knot and worn under a large hat, though one sees the same daily on the streets.

MIDDLE-AGED WOMEN with none too much hair of their own to worry over can set off what little they may have by wearing it high up. Loops and bows and rolls of kindly artificial hair can be cunningly arranged among the real hair or the real hair interwoven with the "silent partner." so to speak, so that the whole can be worn with a confiding sense of undetected security. The "Grecian" coil founded from Mary Anderson's style of hair dressing is soft and pretty, but elaborate. The half of the hair nearest the head has to be crimped; the other half is left straight and twisted into a ring with jaunty curls pending from the middle. A fluffy fringe is worn in front. Fringes are as popular as ever and will never go out of date as long as the same are worn by the princess of Wales.

CUTTING THE HAIR. "When, after cases of short and severe illness or long continued ill health," said a creditable writer recently, "the hair falls out 'by the handful,' it should be cut quite short and kept clipped for at least a twelvemonth." Another point to be carefully noted is the manner of cutting the hair. The weakest and thinnest growth is almost invariably along the central parting and about the crown. At these points then the hair should be clipped more frequently than elsewhere, and the hairs on the top of the head should be kept as short or shorter, than, the sides and back, where the growth is stronger. A weak solution of the essential oils of thyme or rosemary or strong rosemary tea may be rubbed in to stimulate the growth. An excellent preparation for the removal of dandruff and also for a cleansing wash while the hair is short is made by taking the yolk of one egg, one pint of rain water and one ounce of rosemary spirit, beating them thoroughly together and using warm, rubbing the lotion into the skin of the head.

AN OUNCE OF PREVENTION. The best method to avoid scalp troubles, the falling out of the hair and premature baldness is to use nothing but clear water and good soap tooth comb is likely to irritate the scalp and

WHENCE THIS BALDNESS Baldness is due to several causes; heredity is one of them, but not necessarily so if proper attention is paid to the hair. Some of the members of a family may get bald early, while others hold their hair all their lives in good condition and often without getting gray. Illness, particularly fever, often causes baldness.
Excessive brain work will cause the hair to
deaden and drop out. Women are not so subject to baldness as men, from the fact that the
hats and bonnets they wear admit ventilation
to the top of the head. There are many more
bald-headed women, though, in this world than
the public is aware of or that they themselves
are willing to admit. If an unsuspected harriare willing to admit. If an unsuspected hurri-cane should suddenly sweep along Connecticut avenue some bright Sunday afternoon or Penn-sylvania avenue any Saturday with sufficient force to carry off the headgear of some certain

ing pates, would be exposed to the astonished passers along when they had before seen only flowing locks and wavy tresses.

Premature baldness and thinness of hair can be prevented and luxuriant coils made to retain their fullness and beauty. Every one's scalp should produce 450 to 600 hairs to the square inch. These have buibs or follicles that are supplied with life from minute blood vessels under the scalp. In ninety-nine cases out of one hundred loss of hair is caused by bad circulation in these blood vessels. All human beings shed their hair at different times, but when the hair continues to fall out and is perceptably getting thinner there is lack of vitality ceptably getting thinner there is lack of vitality in these bulbs and they need attention, and ordinary attention will meet with the desired result. Ladies who do not understand the treatment of the hair should simply wash the head often with warm water and pure castile soap. The water should be ten degrees below blood heat. Castile soap is the best, because it is made, when pure, of olive oil and contains very little alkali.

THE COLOR OF THE HAIR. The color of hair is produced by the pres ence of a certain amount of some mineral ingredient in the cells. Blonde hair has magnesia, chestnut and brown a large proportion of sulphur and very little iron, while in dark and black hair iron exists in large quantities. White and gray hair have only a small quantity of sulphur and no iron at all. The reason that dark hair turns gray much sooner than fair hair is because the iron is less tenacious than sul-phur. Theorizing upon these facts efforts have been made to restore the hair by rubbing the roots with washes manufactured of sulphur or iron in forms supposed to be capable of ready absorption by the hair bulbs. Neither iron nor sulphur can do harm used in this way, though the skin may be discolored tempora-rily, but dangerous consequences may result from the use of preparations of copper, bismuth or lead.

TRANSMISSION OF DISEASES.

A lady cannot be too careful in visiting the hair dresser's. Many ladies carry their own combs and brushes with them. In all boarding schools every young lady should have a sep-arate brush and comb. A hair dresser should have the combs and brushes washed daily with soap and water and dried with powdered bran. The most of them do. Some dip their scissors in boiling hot water each time after using them. Infectious diseases transmitted by hair dressers are unfortunately quite common. Studied cleanliness is the great means of avoiding it.

A FEW RANDOM NOTES. Do not wash the hair in well water. The lime usually found therein renders the hair harh and dry. Do not use a fine-toothed comb to "clean the dirt out." The sharp teeth scrape and injure

the tender young hairs just starting in life. Beware of using any nostrum whatever, no matter how plausibly the proprietor may place his claims before you.

Avoid the use of alkalies and cheap soaps, as the hair is always susceptible to injury from

If your hair is not just the color you want, however, and you would prefer to have it a beautiful bottom-of-the-deep-sea green, shading off at the ends into a lovely subdued copperas tinge, just use any of the patent dves for sale at many drug stores and your desires can be easily gratified.

DINNERS MADE TO ORDER. How They Are Produced and the Difficulties Which Attend Providing Them.

"I go to Paris every summer." said the purveyor of delicate edibles to a STAR reporter, to procure for my establishment the latest fashions in catering paraphernalia. Such things as ice cream molds in new styles I have to buy and the freshest things for breakfast that what I bought was not of a mode past and gone. It is necessary in my business-as from the best soap. After rubbing the scalp thoroughly with the fingers wash the head to serve everything after the most recent Paris manner. Peaple like ourseives, who have a reputation to sustain, cannot afford to supply ices in last year's forms, or to sell pretty things of any sort that have been on the once a year the French establishments which produce such articles and chose what I like the season that is past and the season that is to come and I can make my selection. Thus I have the satisfaction of knowing that whatever I offer my customers in Washington apart from mere estables is unexceptionable.'

HOW THE EATABLES ARE PRODUCED. "But where do you get your edible supplies?"

asked THE STAR Writer. "We make nearly all of them ourselves. In this establishment are employed four expert cooks, highly paid, and six other servants for supplementary work in the kitchen. Our ice creams and cakes of all sorts we manufacture ourselves, as well as very many of our candies All such confectionery as will not keep well, like fruits glacées, we make here. Likewise it is with whatever made dishes we serve and with pretty nearly everything else. When we receive an order for a supper, say, the first thing necessary is to consult with the customer as to the makeup of the menu. Next the marketing must be done. Very likely I go myself to the market and select the meat and vegetables required, the number of pounds of beef and mutton estimated for, the game or what not of the sort requisite, and the things necessary that grow out of the ground. All these provisions are then placed in the hands of the cooks, with a copy of the menu proposed, and instructions Usually they need no further teaching as to the affair, it being their business to understand such things. All this applies equally to a dinner or to any other form of repast. When the time comes—say a couple of hours before the banquet, if a dinner is to be given—all the materials in readiness for cooking are conveyed to the house where the entertainment is to be given and there prepared. Usually, however, in the case of a supper, the viands are made ready.save possibly the two or three hot dishes, at the caterer's, the other things being served

THE PALAZZO DI MORTONE.

"Do you ever prepare and cook the entire spread at the house where it is to be served?" "Once in awhile, though few houses are equipped with kitchens and apparatus sufficiently complete for that. There is only one house in Washington where such a thing could be done comfortably for a banquet of considerable size and elaborateness. I refer to the establisment of Vice President Morton, whose never employs a caterer to serve anything in her house; she has a catering plant on her own premises. To begin with, there are two chefsne the head cook and the other a pastry cook, who are able to manufacture cakes and cream as well as we can. There is attached to the kitchen department an enormous refrigerator. such as few caterers have, into the drawers of which are put the molded ices and all such things as fast as they are done, to freeze. Also there are a number of women assistants for the ordinary work which does not require culinary genius. The range itself is 24 feet long, and everything else is on such a scale that it is no wonder that there is a feast at every meal in the great house on Scott circle. Necessarily Mr. Morton's chief cook is a man of distinguished reputation in his craft-an enthusiast in his profession, in fact-though, doubtles he would not imitate a certain martyred French cordon bleu, who threw himself upon his sword because a royal guest at his master's house dded salt to his soup."

THINGS LOST AND BROKEN. "You provide silver and crockery, do you

"As a rule, yes. We would lose in that way lid we not charge such things up in the bills. For the breakables are often smashed—I have known guests to get rid of their plates by throwing them under the table—and the silver spoons and forks frequently disappear. I don't think that people steal them; it is more likely that they get emptied carelessly into the slops. An important item in our charges is always, in large affairs, for waiters. We don't keep waiters ourselves on salaries and rent them out but we have a number on our books who do other work in the daytime and who are very glad to obtain such employment as attending at linner or supper, and, if there is a reception afterward, at which they are expected to be on hand, they get \$5. A funny thing we see sometimes at the feasts we supply is the grabber. In every city, I suppose, there are certain persons who are known to do that sort of thing. For instance, the wife of a former minister, and for years a prominent society woman, was acquistomed to produce a paper bag of large dimensions at every entertainment that she went to and fill it up with whatever was most delicate of the chterer's edible property. She never made any disguise about it, and so it is usually with persons who commit such offenses. The notion of getting something for nothing is too much for them to resid!

She (laughingly)—"Why are you looking so intently into my eyes? Are you looking for the mote?" He (seriously)—"No; for the beam."
Then she beamed.—Laurence American

Written for THE EVENING STAR. ESSENTIALS OF BEAUTY. Something About the Build of Pretty

Women and Fashionable Men. WEAT ONE QUEST TO WEIGH IN PROPORTION TO HRIGHT-THE NECESSITY OF OUTDOOR BEER-CISE-HOW TO DECREASE WEIGHT WITHOUT SEVERE DIETING.

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"If you only had ten pounds of flesh more

about you what a charming woman you would be!" "If you only weren't so like a feather pillow stuffed into a corset you would be irresistible." How many women have you to hear such criticism from lips licensed to pronounce it, of their nearest, most familiar friends. Truth telling isn't always pleasant, but it is unmistakably wholesome and nicer to take than | ing weight." flattery in the long run. It is like the bromides and stirring of the sea which keeps its waters fresh, while the undisturbed cisterns of our minds are overgrown by fungus of vanity and slime. My dear madam, when your friends try to persuade you that you look just as well with 160 pounds inside your corsets they are simply guying you, no matter if they half believe or try to believe what they say. There are no friends so false as those who love us too much to see us clearly or to tell us the truth. Emerson never said a keener thing than when he bade us to heed well the opinion of our enemies, for they are most likely to tell us the truth about ourselves. For myself the opinion of friends is always like a dubious bank bill, to be scrutinized on both sides and viewed with doubt till verified by some dry old cashier of understanding.

TO RETAIN AFFECTION.

So many women write to know how they shall regain the lapsing regard of their husbands that I begin to feel like a sort of feminine Oolah, whose office is to prevent divorces and reconcile estrangements. The matter is in their own hands if they knew it. To good qualities they must add outward attractiveness and that vivacity which increases attraction with each year of life. In the same house where this is written lives a lady ninety-three years old, whose French blood and gentle training in the best society of the city have left her active and charming at this advanced age. Her dark quick eyes, her expression, are still hu-morous and winning, her keen reparters have lost neither salt nor spice, and even her prosing is delicious, better than other people's wit sometimes. The prettiest thing is the attachment between and a generous young fellow, an orphan since his seventh year and a wanderer, who has fallen in love with the gentle old lady and hangs about her and pays her a hundred tender unconscious attentions, which she repays by looks of love ardent, frank and mischievous enough to make any woman's face bewitching. She was not married till she was thirty-two; she has had ten children, lost five and her husband and met reverses, but true-hearted, quick and amiable, she is the elfin godmother of the household still, brimful of fun and affection. Curious, if one were to recommend a philter to win and keep almost any man's regard, it would be those last three words. They comprehend so much physical well-being, besides mental and moral gifts. And let me me here remind you that "Fortune does not give her favors; she sells them.' WEIGHT AND PROPORTION.

Just exactly what is physical well-being, in weight and proportion? The table for a man's weight given by the best authorities is this: An adult with stature of 5 feet 2 inches should weigh 126 pounds; 5 feet 3 inches, 133 pounds; increasing three pounds for each inch up to 5 feet 8 inches, which should weigh 155 pounds; A good method of doing this is to braid the should go to them I would have no assurance thing, a man's hard muscles and larger apparent size. A woman's large lungs, which give fullness to the bust and elasticity of motion If there is one charm more than another which fixes the regard of men it is light, graceful motion. The physiological and phrenological books used to teach that the person, man or woman, who moved about like a pocket zephyr could not amount to as much as the heavier type with solid tread, but experience proves the danger of carrying theories too far, for there is physical quality which outdoes mere power in foot pounds. The electric quality in man or woman outdoes size, and your light, arry creature, whom everybody holds light as her motion, will reach her aim and endure more than your solid, maneuvering, calculating woman. It is electricity against cast-iron pro-

One-twentieth the weight should be fat in a man, one-sixteenth in a woman. This fat serves as a light, elastic packing for the organs, which it protects from outward pressure and of reserve strength is doubtful, as the waste of strength carrying around superfluous tissue outdoes any possible gain. In contrast to this light weight are such cases as the woman who died at fifty-two with a thickness of four inches of fat on her chest and eight on her abdomen: her heart, which naturally should not be over eight ounces, weighing after death thirty-six ounces. Corpulence forbids active exercise and want of exercise increases corpulence; constipation follows, as the muscles of the bowels get flabby; the fleshy are more liable to colds and diarrhoa from the congested state of the mucous membrane; they are more disposed to gout, rheumatism, chronic bronchitis and dia-betes and death by faintness from exhausted heart or stomach. They are liable to profuse itself of undue matter, and this being highly acid causes eruptions of the face and painful chafing. Fat is well called by a medical writer of note "a perversion of nutrition."

THE AIMS TO BE STUDIED in health, beauty and freshness are: First. To keep the blood in a natural, healthy condition, free of wastes and rich in red particles, giving strength and color besides a supply of nervous force.

Second. To improve the muscles in firm fiber and tone by sufficient exercise and diet. Third. To regulate the fluids of the system by free action of the skin and kidneys. Fourth. To prevent the deposit of fat by leaving out of the food any excess of articles

Fifth. To allow a generous and even luxurious diet, which satisfies the cravings of hunger and the cultivated tastes and nerves.

OUTDOOR EXERCISE. How much exercise is enough? A physician who is quoted as good opinion says, "every healthy man ought to take exercise equal to walking nine miles on a level. A part of this s taken in one's daily work, but, apart from this, outdoor exercise should be taken daily equal to a walk of five or six miles. Less than this is not compatible with robust health. Women need little less strength or exercise than men, their part in nature calling for more endurance, and according to this the reason of their infirm health and vanishing looks is not far to seek. They are reared for decay and the tomb. The secret of refined complexion is read in the following words: "Exercise causes increased action in the nerves and blood ves-sels, by which vitality is augmented and a greater supply of blood and nervous stimulus is sent to repair the waste taking place. The food necessary to sustain the sys-tem is taken up, and all that is not required is excreted by the different organs that act independently of the will, so that the balance is evenly kept and none is unnecessarily stored as fat. The muscle of the heart is strengthened by enforced exercise and the waste of the system burnt off. The action of the skin is increased and by perspiration the effete matters in the system are got rid off. The vital capacity of the lungs is increased. Digestion becomes more perfect and the nervous system is improved in nutrition and power. It is from faulty modes of life the waste that should be excreted or consumed by exercise or work be-AMOUNT OF FOOD.

How much food should one eat to keep in the

best condition? A healthy man of middle size doing moderate work requires 414 oz. nitroglad to obtain such employment as attending at parties. They get for work of the sort \$3 for a carbo-hydrates, i.e., bread, sugar and the inating other materials. The system of Oertel, now favored prevents the deposit of fat and restores tone to the heart and nerves which any over eating impairs. Its principal features are the use of saccharine for sugar, gluten bread and crackers from which the starch of the wheat is removed, and lean meet, game and delicate fish, with juicy fruits and vegetables, in place of starchy or sweet ones. Oertel's diet

is liberal enough to suit any refined taste, and an ordinary family would find inviting addi-tions to its fare in the list of his dietary.

A GOOD DIET. Breakfast allows one large cup of coffee, with little milk sweetened with saccharine, three ounces of bread or dry toast, thinly buttered, or in place of butter four ounces of any light meat or fish. Lunch or dinner is soup, seven or eight ounces, roast or boiled meat or fish, not fatty or oily, one vegetable, a small plate of non-faranaceous pudding, and six ounces of any cooked fruit sweetened with saccharine, with six ounces of light wine. As saccharine, is many times sweeter than sugar and the gluten bread is no way inferior in taste to white bread, there seems no particular hardship in adopting such fare. But the one thing insisted upon is active excercise daily in walking, riding or playing games, rowing. &c. "Recreation by circulating the blood more rapidly assists the consumption of fatty tissue, increas-the size of the muscles while absolutely reduc-

As the rich growricher and the better classes indulge in more ease of living stoutness dis-figures our society. Corpulence is the bane of the republic. Already leaders of political and social life, like Mr. Blaine and Gov. Ames of Massachusetts, set the example of moderate and wholesome eating to keep body and brains in repair. Gourmandizing and obesity or portliness even are out of repute with the ne ciety, which means to be at its best as long as it can. It will soon be as much a disgrace for woman to be stout as to have a pimpled complexion, and the effect of the careful living which brings, this about will be felt in every interest of the higher culture. SHIBLEY DARE. Written for THE EVENING STAR.

ATTRACTIVE HOMES. How to Decorate Planos to Secure

Artistic Effects.

MANY DEVICES RESORTED TO-INDIA SILE IN GRACEFUL FOLDS-EFFECTIVE WHITE SCABES, BOTH FOR PROTECTION AND ORNAMENT-A CAPITAL USE FOR A GRANDMOTHER'S SHAWL.

There is one piece of furniture that for bulk and ugliness will interfere seriously with any scheme for decoration. This is of course the piano, for, though melodious, it is not beautiful, and is always a thing to be endured and not admired in an artistic apartment. I speak of course of the ordinary plana, with frame of rosewood or ebony. Cases can be made, and have been, for special places and people that quite alter one's views of the appearance of blessed with a lively imagination a piano might be designed in thought which would be a fitting shrine for the entrancing music to be evoked from it. It is only making the services as Teacher to Members of the Pan-American Congress and to Foreign L gations. 1207 10th n.w. ting shrine for the entrancing music to be evoked from it. It is only millionaires and people of such financial comfort, however, who can carry out these charming little ideas of their own. The majority must take the piano in its usual dark and clumsy exterior, therefore, and be thankful to have it at all. PIANO DECORATIONS. To palliate its lack of beauty, which every

one is eager to do, many devices are resorted to and much variety of ornamentation is the result. For a long time felt was in high favor as a material just suited to the needs of grace-ful (?) piano decoration. A straight, stiff lam-brequin or scarf was the style of shape selected and we all know the effect! Now a change has come and with improvement in other matters of household art the piano is also quite trans-figured with our advanced ideas. The style of piano is an important thing in considering its adaptability to ornament. The upright is at the same time the most common and the most susceptible of good effects in decoration. The good result most easily achieved is by carelessly draping a length of India silk in graceful folds, with favors, bon-bon boxes, sachets, &c. Of course such merchandise is imported to this country from abroad by wholesale dealers, but if I dopt, while something more original is sought after by many people. The painted and em-broidered scaris of silk bolting cloth are arranged similarly to the India silk, but are less shoppy looking, as some individual taste must be displayed in both design and execution. The Japanese embroideries on crepe are especially effective as piano decorations, and with their soft colorings will tone in with almost any oom. White is beginning to be used for piano drapery, and with some surroundings nothing could be prettier than this lack of color with the dark wood of the piano in striking contrast. With a white scarf the ornaments set on the piano may be of brilliant or even vivid colorng and the effect will be excellent. Take, for

A SCARF OF WHITE JAPANESE SILK CREPE. charming fabric for any use it can be put to. The length should be 31/2 yards long, with a hem 3 inches wide, hemstitched at each end. A few rather small flowers, conventionalized, or some pretty geometrical form, may be powdered over the ends for the depth of 18 inches, Along the front edge of the crepe a few of these flowers may also be scattered. The prettiest way to work this design would be with gold thread, using a single strand and working the flowers solid. Supposing the scarf to be completed the best way of putting it on is to drape it with several irregular festoons, holding these in place by ornaments heavy enough to make all secure. A jar of bright yellow with white chrysanthemums in relief would be an effective piece of pottery for one thing. A bronze, a slender vase and a number of smaller articles can all be used to accent these folds and festoons. Groups of ornaments are affected by some artistic peeple, instead of scattering them about singly. A very good effect is often obtained in this way. The piano is a favorite spot to choose for the display of any bit of drapery that is especially unique or rare or beautiful. One sometimes sees a fall of embroidery on a piano which looks as if it might have been a part of the vestments of some priest, so rich in gold and colored silks is it. Travelers in foreign lands have opportunities of collecting such interesting scraps, which make most attractive decorations in

ANOTHER PRETTY WAY

of adorning a piano is to have very deep lace in a full frill across the ends and front, while a smooth covering is over the top, to which this lace is attached. This last is an effective decoration when a large patterned lace is used and handsome ornaments are scattered over the top. Sconces of old silver or brass are a great addition to the looks of a piano when the drapery s arranged so that they do not interfere. Piano lamps or umbrella lamps, as they are also called, are a great convenience when the piano is at a distance from a gas light. Square and grand pianos are much less susceptible of decoration in the way of drapery than the upright. A young lady made a covering for her grand piano, however, which was excellent as a proection, while it was not to be despised as ornament. Dark olive turcoman was the material chosen, while the decoration consisted wholly of a fringe made by raveling the goods and braiding the strands into tassles. As the turcoman only ravels one way to make a good fringe these ravelings were tied into the material on the other side, thus making 'he FOR SQUARE PIANOS

straight scarfs wide enough to cover the top when closed and folding back when the piano s opened are as satisfactory as anything. These should be long enough to have the ends hang down far enough to show any decoration which may be applied to it. Turcoman is very good for such a scarf; as it needs no lining. If plush, velour or any single faced goods is used a lining is necessary, otherwise the wrong side shows when the scarf is thrown back on opening the piano. Embroidery has been much used in the past on such scarfs, but as good a decoration and finish as anything is the deep fringe which comes in beautiful coloring and with cords of irregular lengths, ending off in fluffy tassels. A grand piano which came to covered with a large crepe shawl of Japanese workmanship. The color was a rich red, while heavy embroidery in varied shades was all over the surface. By some clever management and without at all altering the square of the shawl it was draped so as to at once display its beauty and be most decorative to on the piano.

Whoever is so fortunate as to have had a grandmother who owned one of the lovely oldashioned silk shawls with changeable col and deep fringe need seek no further for piano drapery. Whether a square or "long" shawl it can be turned to good account in this carbo-hydrates, i.e., bread, sugar and the starchy vegetables, and 1 oz. of salts. This is represented by ½ pounds of meat and 2 pounds of bread, or seventeen hen's eggs daily. A woman requires a tenth less food than a man. After forty the diet should be sparing. All this ought to be worked off without producing undue fat. The Banting system is now considered wrong, as it threw too much work on the kidneys and starved the system elsewhere. The Ebstein system, which has been followed in Germany, gives much fat in the diet and restricts articles that contain sugar and starch, on the theory that fat assists by its transformation into heat in eliminating other materials. The system of Oertel, now favored, prevents the deposit of fat and restores tone to the heart and nerves which any containing of the old styles with the new in house furnishing.

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